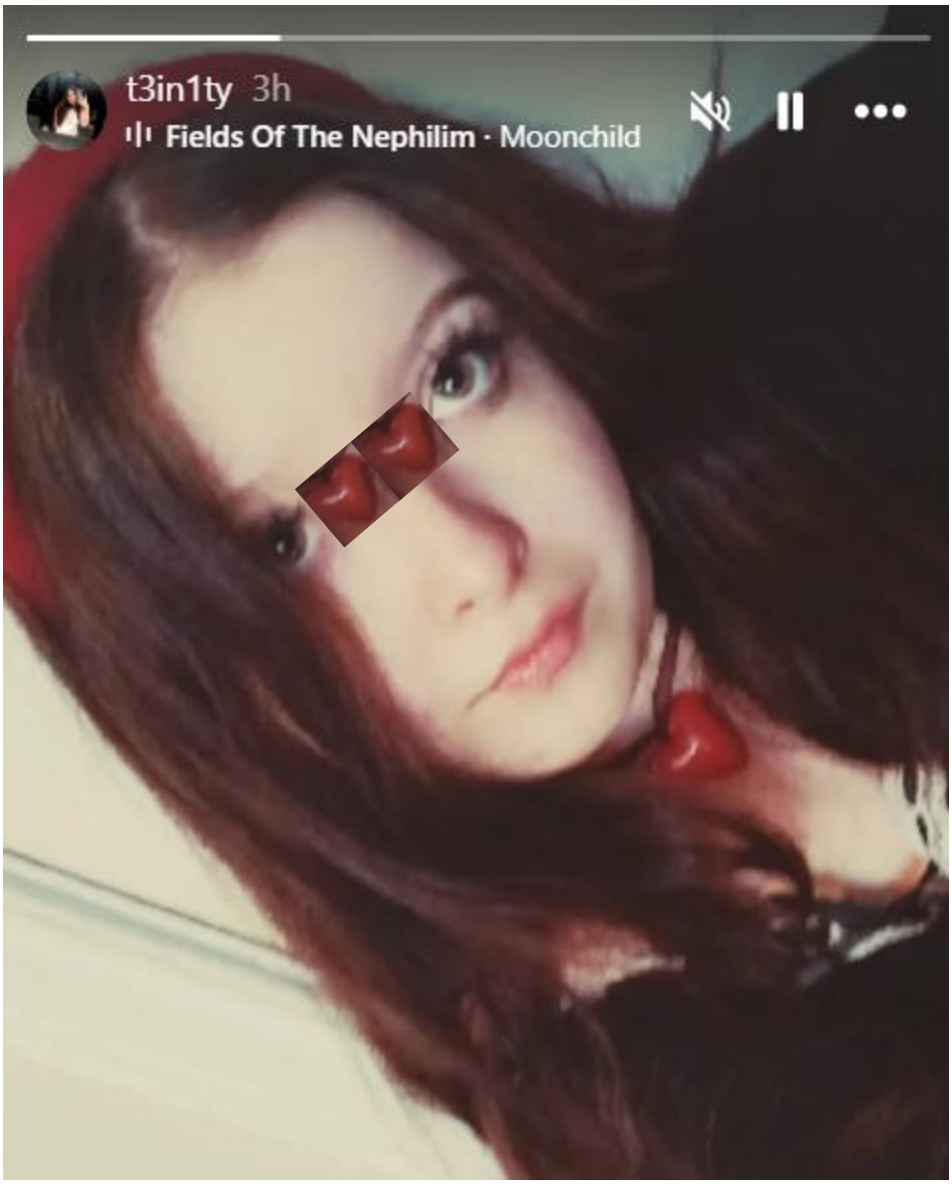
Dimensions: (width, height) = (28mm, 25mm), according to HERE.



The distance is approximately $\left(1+\frac{0.38}{0.41}\right) hearts \cdot \frac{28mm}{1\ heart} \approx 1.9 \cdot 28mm \approx 54mm = 5.4cm.$